



National Nutrient Database for Standard Reference

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Statistics Report 09291, Plums, dried (prunes), uncooked

Report Date: July 01, 2017 00:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 5 6 8	g	30.92	14	2.267	18.78	37.5	5.0	25.091	36.744	6	Analytical or derived from analytical	--	10/2002
Energy	kcal	240	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	1006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2	g	2.18	8	0.033	1.92	2.39	6.0	2.102	2.265	2	Analytical or derived from analytical	--	10/2002
Total lipid (fat) 1 2 3	g	0.38	9	0.114	0.19	0.6	2.0	-0.114	0.865	3	Analytical or derived from analytical	--	10/2002
Ash 1 2	g	2.64	8	0.380	1.5	3.81	6.0	1.712	3.572	2	Analytical or derived from analytical	--	10/2002
Carbohydrate, by difference	g	63.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary 1 2 8	g	7.1	10	0.307	6.2	8	2.0	5.747	8.385	3	Analytical or derived from analytical	--	10/2002
Sugars, total 2 4 5 6	g	38.13	10	6.339	23.39	63	3.0	17.953	58.298	4	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2 4 5 6	g	0.15	12	0.044	0	0.32	4.0	0.033	0.275	5	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) 1 2 4 5 6 7	g	25.46	15	2.995	15.38	45.4	5.0	17.842	33.24	6	Analytical or derived from analytical	--	08/2010
Fructose 1 2 4 5 6 7	g	12.45	15	1.403	5.93	17.6	5.0	8.887	16.098	6	Analytical or derived from analytical	--	08/2010
Lactose 1 2 6	g	0.00	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	05/2006
Maltose 1 2 6	g	0.06	9	0.062	0	0.34	2.0	-0.203	0.327	3	Analytical or derived from analytical	--	08/2010
Galactose 2	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2006
Starch 1 2	g	5.11	2	--	1.7	8.53	--	--	--	2	Analytical or derived from analytical	--	10/2002
Minerals													
Calcium, Ca 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	43	42	1.519	19	72	12.0	39.354	45.973	13	Analytical or derived from analytical	--	10/2002
Iron, Fe 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.93	42	0.052	0.67	1.56	12.0	0.816	1.043	13	Analytical or derived from analytical	--	10/2002
Magnesium, Mg 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	41	42	0.615	30	47	12.0	39.523	42.202	13	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	69	42	1.383	53	81	12.0	66.112	72.14	13	Analytical or derived from analytical	--	10/2002
Potassium, K 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	732	42	6.876	630	826	12.0	716.75	746.712	13	Analytical or derived from analytical	--	10/2002
Sodium, Na 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	2	38	0.175	0	4	12.0	1.203	1.967	13	Analytical or derived from analytical	--	10/2002
Zinc, Zn 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.44	42	0.015	0.17	0.69	12.0	0.404	0.469	13	Analytical or derived from analytical	--	10/2002
Copper, Cu 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.281	42	0.011	0.13	0.37	12.0	0.257	0.304	13	Analytical or derived from analytical	--	10/2002
Manganese, Mn 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.299	42	0.011	0.22	0.59	12.0	0.275	0.323	13	Analytical or derived from analytical	--	10/2002
Selenium, Se 1 2	µg	0.3	8	0.062	0.1	0.7	3.0	0.099	0.47	2	Analytical or derived from analytical	--	10/2002
Fluoride, F 20	µg	4.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	0.6	8	0.048	0.3	0.7	3.0	0.439	0.746	2	Analytical or derived from analytical	--	10/2002
Thiamin 1 2	mg	0.051	8	0.003	0.04	0.07	3.0	0.043	0.06	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1 2	mg	0.186	8	0.020	0.01	0.39	4.0	0.128	0.244	2	Analytical or derived from analytical	--	10/2002
Niacin 1 2	mg	1.882	8	0.044	1.59	2.23	4.0	1.754	2.01	2	Analytical or derived from analytical	--	10/2002
Pantothenic acid 1 2	mg	0.422	8	0.013	0.29	0.56	6.0	0.389	0.455	2	Analytical or derived from analytical	--	10/2002
Vitamin B-6 1 2	mg	0.205	6	0.009	0.12	0.37	2.0	0.15	0.26	2	Analytical or derived from analytical	--	10/2002
Folate, total 1	μg	4	4	0.000	4	4	--	--	--	1	Analytical or derived from analytical	--	10/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	4	4	0.000	4	4	--	--	--	1	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 1 2	mg	10.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1 2	mg	0.4	2	--	0.4	0.5	--	--	--	2	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE 1 2 21	µg	39	31	11.525	16	82	2.0	-10.541	88.633	3	Analytical or derived from analytical	--	10/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 21	µg	394	31	117.455	150	834	2.0	-111.589	899.146	3	Analytical or derived from analytical	--	10/2002
Carotene, alpha 1 2 21	µg	57	31	17.439	22	115	2.0	-18.53	131.541	3	Analytical or derived from analytical	--	10/2002
Cryptoxanthin, beta 1 2 21	µg	93	31	24.428	42	196	2.0	-12.067	198.143	3	Analytical or derived from analytical	--	10/2002
Vitamin A, IU 1 2 21	IU	781	31	230.496	325	1,649	2.0	-210.825	1772.66	3	Analytical or derived from analytical	--	10/2002
Lycopene 1 2	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Lutein + zeaxanthin 1 2 21	µg	148	31	18.460	87	256	2.0	68.666	227.52	3	Analytical or derived from analytical	--	10/2002
Vitamin E (alpha-tocopherol) 1 3	mg	0.43	5	0.109	0.15	0.54	1.0	-0.951	1.813	2	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 3	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1 3	mg	0.02	5	0.022	0	0.11	1.0	-0.263	0.308	2	Analytical or derived from analytical	--	10/2002
Tocopherol, delta 1 3	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2	µg	59.5	8	1.742	51.1	68.1	6.0	55.262	63.79	2	Analytical or derived from analytical	--	10/2002
Lipids													
Fatty acids, total saturated	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0 1 2	g	0.007	4	0.007	0	0.03	1.0	-0.082	0.096	2	Analytical or derived from analytical	--	10/2002
10:0 1 2	g	0.005	4	0.004	0	0.02	1.0	-0.052	0.061	2	Analytical or derived from analytical	--	10/2002
12:0 1 2	g	0.001	4	0.000	0	0	1.0	-0.002	0.004	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1 2	g	0.000	4	0.000	0	0	1.0	-0.003	0.003	2	Analytical or derived from analytical	--	10/2002
15:0 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
16:0 1 2	g	0.030	4	0.003	0.02	0.04	1.0	0.01	0.05	2	Analytical or derived from analytical	--	10/2002
17:0 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
18:0 1 2	g	0.044	4	0.001	0.01	0.08	1.0	0.038	0.05	2	Analytical or derived from analytical	--	10/2002
20:0 1 2	g	0.001	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
22:0 1 2	g	0.001	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Fatty acids, total monounsaturated	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
15:1 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated 1 2	g	0.039	4	0.000	0	0.08	--	--	--	2	Analytical or derived from analytical	--	10/2002
17:1 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
18:1 undifferentiated 1 2	g	0.014	4	0.003	0.01	0.02	2.0	-0.001	0.028	2	Analytical or derived from analytical	--	10/2002
20:1 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Fatty acids, total polyunsaturated	g	0.062	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated 1 2	g	0.044	4	0.005	0.04	0.06	1.0	-0.01	0.099	2	Analytical or derived from analytical	--	10/2002
18:3 undifferentiated 1 2	g	0.017	4	0.000	0.01	0.02	1.0	0.014	0.02	2	Analytical or derived from analytical	--	10/2002
18:3 n-6 c,c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
20:2 n-6 c,c 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 10/2002
20:4 undifferentiated 1 2	g	0.000	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 10/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero		-- 10/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero		-- 10/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero		-- 10/2002
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 08/1982
Amino Acids													
Tryptophan 1 2	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/2002
Threonine 1 2	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/2002
Isoleucine 1 2	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/2002
Leucine 1 2	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/2002
Lysine 1 2	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/2002
Methionine 1 2	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Phenylalanine 1	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tyrosine 1 2	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Valine 1 2	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Arginine 1 2	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Histidine 1 2	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Alanine 1 2	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Aspartic acid 1 2	g	0.801	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glutamic acid 1 2	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glycine 1 2	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline 1 2	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Serine 1 2	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Flavonoids													
Anthocyanidins													
Cyanidin 23 24	mg	0.71	--	0.27	0	2.4	--	--	--	--	--	--	--
Petunidin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 23 24	mg	0.0	--	0.02	0	0.2	--	--	--	--	--	--	--
Malvidin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 23 24	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Peonidin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 24	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 23 24	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin 23 24	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Flavonols													
Kaempferol 23	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Myricetin 23 24	mg	0.0	--	0	0	0.03	--	--	--	--	--	--	--

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Quercetin 23 24	mg	1.8	--	0.6	0	4	--	--	--	--	--	--	--
Isoflavones													
Daidzein 25 26 27	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein 25 26 27	mg	0.00	--	0.01	0	0.01	--	--	--	--	--	--	--
Glycitein 27	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 25 26 27	mg	0.00	--	0.01	0	0.01	--	--	--	--	--	--	--
Biochanin A	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 22	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 22	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 22	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 22	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 22	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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